



# The Parkinsonian

*Spring Issue, 2008*



Northwest PADRECC

Parkinson's Disease Research, Education & Clinical Center

## April is Parkinson's Disease Awareness Month!

**You are Invited to the 2008 Annual Parkinson's Disease Awareness Fair**

**When:**

Tuesday, April 1st, 2008  
12:00-4:00 pm

**Where:**

This event will be held on the sky bridge connecting the Portland VA Medical Center and OHSU. All Presentations will take place in the Portland VA Medical Center Auditorium on the 2nd floor of building 101

**Address:**

Portland Veteran's Hospital  
3710 SW U.S. Veterans Hospital Road  
Portland, OR 97239

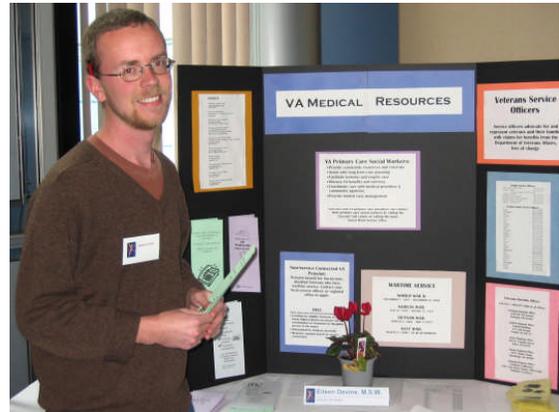
**RSVP to 503.721.1091**

**What is it:**

April is Parkinson's Awareness Month, and we are kicking it off with a bang! The Portland VA Medical Center is hosting the 3rd annual Parkinson's Disease Awareness Fair. Learn more about Parkinson's Disease and the services and care provided by the PVAMC, OHSU, and its partners in the fight against this debilitating disease. The event is open to patients, caregivers, providers, family members and anyone else interested in learning more about Parkinson's. Not only is it free, but fair-goers will also have the opportunity to win prizes provided by local Portland merchants and restaurants. Please join us in the fight against Parkinson's.

**Presentation Topics and Times:**

- 12:00 p.m.** What is Parkinson's Disease
- 1:00 p.m.** Update on Treatment and Research in Parkinson's Disease
- 2:00 p.m.** Treating Parkinson's Disease with Deep Brain Stimulation Surgery
- 3:00 p.m.** Gait and Balance in Parkinson's Disease



### Options and Opportunities 2007 24th Annual Symposium (DVDs Now Available)

In September of 2007, the VA PADRECC and the OHSU Parkinson's Center of Oregon (PCO) co-sponsored the 24th Annual Options and Opportunities Symposium. If you missed out on this event, or even if you attended and would like to hear the talks again, we now all of the talks available on DVD. Talk topics and speakers include:

- Exercise panel including Fay Horak, Ph.D., P.T., Laurie King, Ph.D., P.T., Kerri White, Ph.D., and Bettina Blank.
- Living Well With PD - Whit Deschner
- Staying Connected - Kristy Hanna, Ph.D.
- Wellness & Nutrition in PD - Lynne Shinto, N.D., M.P.H.
- Research panel including Penny Hogarth, M.D., John Nutt, M.D., Matt Brodsky, M.D., and Julie Carter, R.N., M.S., A.N.P.

**If you would like to request a free copy of the DVD, please call (503) 721-1091. Or ask your PADRECC clinic provider.**

<i>What's Inside</i>	
• Parkinson's Disease Awareness Fair	<b>01</b>
• Options and Opportunities Symposium	<b>02</b>
• A History of Parkinson's Disease	<b>02</b>
• Recruiting Studies	<b>03</b>
• Calendar of Events	<b>04</b>

## History of Parkinson's Disease

As far back as 5000 BCE, an ancient civilization in India described the symptoms of Parkinson's Disease, which they called Kampavata. To treat Kampavata they used a tropical legume called Mucuna Pruriens, the seeds of which are a natural source of high quantities of L-dopa.

In the Iliad, the Septuagenarian King Nestor describes symptoms which appear to be those of Parkinson's Disease.

The Huang di nei jing su wen, the oldest existing Chinese medical text written in 500 BCE, also describes symptoms of Parkinson's Disease.

The Greek physician Galen who lived from 129-200 BCE, wrote of tremors of the hand at rest, as well as disorders of motor function. He distinguished between several types of shaking of the limbs based on origin and appearance. He called it "Shaking Palsy".

Paul of Aigina (625-690 BCE) a Byzantine Greek physician, Yahya Ibn Sarafyun a Christian physician who lived in Damascus in the second half of the ninth century, and Ibn Sina (980-1037 BCE) a Persian physician, all discussed symptoms of Parkinson's Disease in their writings.

William Shakespeare (1564-1616) also makes references to symptoms of Parkinson's Disease. In particular, there is a reference to "Shaking Palsy" in the second part of Henry VI. In an exchange between Dick and Say, Dick asks, "why dost thou quiver, man?", and Say responds, "The palsy, and not fear, provokes me."

John Aubrey (1626-1697) wrote a biography of philosopher Thomas Hobbes (1588-1679), in which he used the term "Shaking Palsy" to describe Hobbes' progressive disability.

In a lecture given in 1776, the surgeon John Hunter gave a description of a Lord L. which described Lord L's hands to be perpetually in motion, but never feeling the sensation of being tired. It has been suggested that James Parkinson may have attended this lecture.

Parkinson's Disease was first formally described in modern times in "An Essay on the Shaking Palsy," published by a London physician named James Parkinson in 1817. He systematically described symptoms of six individuals, whom he did not examine himself, but observed on their daily walks.

Wilhelm von Humboldt (1767-1825) described in letters from 1828 until his death, his own symptoms, which gave an even more complete

description of the symptoms of Parkinson's Disease. Despite many other mentions of symptoms of the disease over the next decade, the disease still remained relatively unknown.

In 1861 and 1862 Jean-Martin Charcot and Alfred Vulpian added more symptoms to James Parkinson's clinical description, including the symptoms of the masked face, various forms of contractions of the hands and feet, akathisia, and rigidity. It was at this time that Charcot and Vulpian gave this syndrome the name Parkinson's Disease, after James Parkinson's.

In 1872, Claveleira added slowness of movement to the definition of Parkinson's Disease and in 1873 Jaccoud referred to this as bradykinesia. In 1886, Sir William Richard Gowers drew an illustration as part of his documentation of Parkinson's Disease (pictured).



*Drawing by Sir William Richard Gowers*

Cruchet introduced the term bradykinesia in 1925.

In the 1950's, the biochemical changes in the brain were identified mostly in part to a Swedish scientist named Arvid Carlsson. He showed that dopamine was a neurotransmitter in the brain, and when he gave animals a drug that decreased dopamine levels they lost control over movement. The effects were very similar to Parkinson's Disease. He won the Nobel Prize in Physiology or medicine in 2000 along with Eric Kandel and Paul Greengard. His findings led other doctors to try L-Dopa with human Parkinson's patients, and found it to alleviate symptoms. George Cotzias (1918-1977) discovered the small doses of Dopa given orally every two hours was a safe way of administering L-Dopa, and the first study reporting improvements in patients with Parkinson's Disease as a result of L-dopa was published in 1968. In the 1970's DuPont developed Sinemet, which is still used today as the leading form of treatment.

### Have a Question? Ask the Doctor.

Do you have a question about Parkinson's Disease that you would like to see answered in this newsletter by one of our doctors or nurses? If so, please submit your question to [nwpadrecc@med.va.gov](mailto:nwpadrecc@med.va.gov) or call Jessie at (503) 220-8262 x54987. You can also mail requests to the Portland VA Medical Center address listed on the back page.

## Recruiting VA Studies

### **Memory and Movement Disorders Demonstration Project (VA IRB ID: 1585 VA IRB Grant Number: #02-2202)**

Dr. Joseph Quinn, MD is conducting this research study in order to track the frequency and types of changes in mental functioning that occur over time in Parkinson's patients. Participants would be asked to attend one or more study visits. All study visits would take place at the Portland VA Medical Center. The first visit would take less than twenty minutes. If asked to continue in the study there would be a second 90 minute visit and then follow-up examinations once a year for the next 3 years. All patients in the Parkinson's Disease Research, Education and Clinic Center (PADRECC) are invited to participate in this study. You may or may not personally benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

### **Ability to Arise From the Floor in Persons with Parkinson's Disease (VA IRB ID: 1585 VA IRB Grant Number: #06-1405)**

Dr. Jeff Krakkevik, MD is conducting this study to see how well people with Parkinson's Disease can get up from the floor after they experience a fall. Participation would require up to three 30 to 40 minute outpatient visits at the Portland VA Medical center. In order to participate you must be a Veteran treated in the PADRECC Clinic or by the PADRECC physical therapist, Diagnosed with Parkinson's Disease, and at least 30 years of age. You may not be able to participate if you are unable to stand or move without the help of a caregiver, you have other neurological or musculoskeletal abnormalities that might affect your ability to stand from a sitting position, or the investigators determine that you are not eligible for safety reasons. You may not benefit from this study, however if you are found to have difficulty in arising from the floor you may benefit from instruction and advice on how to do so. Study visits would take place at the Portland VA Medical center. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

### **Parkinson Associate Risk Study (PARS): Evaluating Potential Screening Tools for Parkinson Disease (VA IRB ID: 2021; VA IRB Grant Number: # 05-0307)**

Dr. Penny Hogarth is conducting this research study to estimate the frequency of olfactory loss in first-degree relatives of Parkinson's patients. Participation by a first-degree relative of a Parkinson's patient would require 6 one hour annual visits to the Portland VA Medical Center and completion of 6 annual smell tests by mail. The sub-study would require travel to Connecticut for a brain imaging procedure. All costs for travel to Connecticut will be paid by the study sponsor. All first-degree relatives of PD patients above the age of 50 or within 10 years of the age of diagnosis of PD are invited to participate. This is a research study and not treatment or diagnosis of PD. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721 – 1091.

## Recruiting OHSU Studies

### **Fish Oil for Depression in Multiple Sclerosis (MS) and Parkinson's Disease (PD)**

The Parkinson's Center of Oregon at Oregon Health & Science University is looking for people with a confirmed diagnosis of PD who are suffering from Depression. The purpose of the study is to determine if taking omega-3 fatty acids along with your current antidepressant helps with symptoms of depression in people with PD. In addition we will determine if omega-3 fatty acids decrease blood levels of substances that are associated with depression.

You may be eligible to participate in the study if you meet all of the following criteria.

- Have a definite diagnosis of PD
- On a stable dose of anti-depressant medication
- Between 18-85 years of age

This is a three-month pilot study in which 60 participants with either PD or MS will be randomly assigned to receive either fish oil capsules (which have high amounts of omega-3 fatty acids) or placebo capsules. The study requires 5 visits to OHSU. The research study will pay for all costs associated with the participation in this study. You will be responsible for any expenses that have to do with other aspects of your participation such as childcare and transportation. If you meet the eligibility requirements described above and are interested in participating in this study please call Dr. Lynne Shinto at (503) 494-5035.

### **Developing Objective Measures of Levodopa Induced Dyskinesia**

**Study OHSU eIRB# 2123, VA IRB # 1345**

Principal Investigator: Kathryn Chung, MD

The purpose of this research study is to see if using biomechanical devices will work as well as the clinical rating scale in measuring dyskinesia in Parkinson's Disease (PD). In order to take part in the study, participants must: (1) have Parkinson's Disease, (2) have either mild, moderate to severe, or no dyskinesia, and (3) also be taking oral Levodopa, Sinemet medications for their PD. There are two visits for this study. The first visit is a one hour screening visit and includes a neurological examination and completion of several questionnaires. The second visit is an overnight stay in the Oregon Clinical and Translational Research Institute (OCTRI) at Oregon Health & Science University (OHSU). Subjects will be admitted to the OCTRI the evening before study tests begin. Their usual PD medications will not be given over night, so that the Levodopa cycle may be observed the next day. Subjects will be studied with biomechanical devices during performance of simple motor or mental tasks the next day. The testing lasts approximately 7 hours. There is no compensation for participating in this study. There is no direct benefit to the participant, but Parkinson's Disease patients may benefit in the future.

Dr. Kathryn Chung is the clinical investigator responsible for this study and Brenna Lobb is the study coordinator. If you are interested in participating, please call Brenna Lobb at 503-220-8262 ext 51871 or you can reach Kathryn Chung, MD at 503 220-8262 ext 53233. All study related procedures will occur at OHSU, 3181 SW Sam Jackson Park Road, Portland, Oregon 97239.

## Calendar of Events

Upcoming classes, support groups, and other events related to movement disorders

### Portland Patient Education Talks

All talks listed will be held in the Portland VA Auditorium from 10:00 – 11:00 unless otherwise noted. Please arrive early for parking. For more information or to register call 503-721-1091.

**Friday, May 23, 2008: Exercise and Pilates**  
Bettina Blank

**Friday, July 11, 2008: Cognitive Issues and Brain Exercises BBQ:** Note Time Change: This event will be held from 12:00 - 2:00

### Seattle Patient Education Talks

All talks listed will be held at the Seattle VA (Building 1, Room 240) from 1:30 PM – 3:30 PM  
For More information call 206-277-4560

**Tuesday, April 15, 2008:**  
**Medical and Surgical Treatments** - Ali Samii, MD  
**Research Registry Update** - Mike Kim, MD

**Tuesday, June 17, 2008: Alternative Medicine for Parkinson's Disease** - Dr. Laurie Mischley

### Parkinson's Center of Oregon (PCO)

**Newly Diagnosed Educational Session:** Occurs every other month. For more information call 503-494-9054

**April 30, 2008 - Champions & Challenges: Medford, Oregon:** A half-day event with experts from the PADRECC and PCO will present of a variety of subjects relating to Parkinson's Disease. For more information call 503-494-9054

**Parkinson's Disease Awareness Fair**  
**April 1, 2008: See Inside for More Details**

### Parkinson's Resources of Oregon

#### PRO Conference in Eugene

You are invited join the PRO on March 28th for dinner featuring Ruth Hagestuen from the National Parkinson Foundation, and March 29th for a keynote presentation by Dr. Jon Stoessel from the University of British Columbia Pacific Parkinson's Centre. The afternoon portion of the conference features many breakout presenters talking about various facets of PD. For more information, or to register, please call PRO at 1- 800-426-6806!

#### Movement Classes

Weekly class held in a variety of locations providing instruction in the technique created by John Argue (The Art of Moving) for people with Parkinson's. Call: 503-413-7717 Ask for: Holly

### Want to Contribute?

*This newsletter is yours, and we think you should be involved. If you have any art, poems, stories, or articles you would like to share with other Parkinson's patients, please send them to the address listed below or e-mail them to [nwpadrecc@va.gov](mailto:nwpadrecc@va.gov) with newsletter submission as the subject line.*

#### Portland VA Medical Center

Attention: Susan O'Connor  
P3-PADRECC  
3710 SW US Veterans Hospital Rd.  
Portland, OR 97239

To receive the Parkinsonian by e-mail please forward a request to [nwpadrecc@va.gov](mailto:nwpadrecc@va.gov). Call 503-721-1091 to be removed from our mailing list



**Department of  
Veteran Affairs**

#### Portland VA Medical Center

P3-PADRECC  
3710 SW US Veterans Hospital Rd.  
Portland, OR 97239  
Phone: (503) 721-1091

#### Seattle VA Puget Sound Health Care System

Neurology 127  
1660 S. Columbian Way  
Seattle, WA 98108  
Phone: (206) 764-2021

[nwpadrecc@va.gov](mailto:nwpadrecc@va.gov)